

Red Dragon Jujitsu Club
Requirements For Yonkyu (Green)

SUTEMI WAZA

1. **Katate Yoko Sutemi**
2. **Hashi Sutemi**
3. **Mute Yoko Sutemi**
4. **Mute Hashi Sutemi**

NAGE NO KATA

1. **Ogoshi**
2. **Seoi Goshi**
3. **Seoi Nage**
4. **Tsurikomi Goshi**
5. **Makikomi**
6. **Deashi Harai**
7. **Okuri Harai**
8. **Soto Gama**
9. **Uchi Gama**
10. **Kani Sute**
11. **Sasae Ashi**
12. **Soto Momo Harai**
13. **Uchi Momo Harai**
14. **Utsuri Goshi**
15. **Ushiro Goshi**
16. **Harai Goshi**
17. **Hane Goshi**
18. **Uke Otoshi**
19. **Tomoe Nage**
20. **Yama Arashi**



ALSO

1. **Ouchi Gari**
2. **Kouchi Gari**
3. **Kata Gatame**

DACHI, KARATE & GERI WAZA

Dachi Waza

1. Kiba Dachi - Horse Stance
2. Zenkotsu Dachi - Forward Stance
3. Kokutsu Dachi - Back Stance
4. Nekoashi Dachi - Cat Foot Stance
5. Shiko Dachi - Sumo Stance

Karate Waza

6. Seiken-Choku Zuki Straight Punch
7. Gyaku Zuki - Reverse Punch
8. Oi Zuki - Lunge Punch
9. Age Zuki - Rising Punch
10. Mawari Zuki - Roundhouse Punch
11. Ura Zuki - Close Punch
12. Riken Uchi - Backfist Strike
13. Tettsui Uchi - Hammer Fist Strike
14. Shuto Uchi - Knife Hand Strike
15. Empi Uchi - Elbow Strike
16. Age Uke - Rising Block
17. Gedan Uke - Downward Block
18. Ude Uke - Forearm Block
19. Tettsui Uke - Hammerfist Block
20. Kake Uke - Hooking Block

Karate Waza

21. Tsukami Uke - Grasping Block
22. Nagashi Uke - Parry Block
23. Osae Uke - Pressing Block
24. Bon Sao - Wing Arm
25. Tan Sao - Palm Up Arm
26. Jut Sao - Jerk Arm
27. Pak Sao - Slapping Block
28. Quan Sao - Deflection Block

Keri Waza

30. Mae Geri - Front Kick
31. Yoko Geri - Side Kick
32. Ushiro Geri - Rear Kick
33. Fumikomi - Stamp Kick
34. Hittsui Geri - Knee Kick

NOTEBOOK AIDS

1. Answer Each In A Short Paragraph.

What is?:

- Judo
- Jujitsu
- Karate
- Aikido
- Randori
- Kata
- Kodengan
- Danzan Ryu
- The American Judo & Jujitsu Federation
- What Region and Area of the AJFF is our dojo in?
- Ryu

2. Write A Short Paragraph On Each.

- Professor John Cahill
- Professor Bud Estes
- Professor Jigoro Kano
- Professor Ray Law
- Professor Henry S. Okazaki
- Professor Dick Richerts

A Thought From The Master

Whereas the fundamental principles acquired through the practice of Jujitsu has been elevated to a finer moral concept called **Judo**, *The Way of Gentleness*, it may well be said that the primary objective of practicing Judo is **PERFECTION OF CHARACTER**.

And in order to perfect one's character, one must be grateful for the abundant blessings of heaven, earth, and nature as well as for the great love of parents; one must realize his enormous debt to teachers and be ever mindful of his obligation to the general public.

As member of a family, one's first duty is to be filial to parents; to be helpful and harmonious with one's wife or husband, and to be affectionate to brothers and sisters in order that the family group may be a sound, successful and harmonious unit of the community.

As member of a nation, one must be grateful for the protection which one derives as a citizen; one must be on guard against self-interest and foster a spirit of social service. One must be discrete in action yet hold courage in high regard, and strive to cultivate manly virtue. One must be gentle, modest, polite, and resourceful; never eccentric, but striving always to **TAKE THE GOLDEN MEAN**. One must realize that these qualities constitute the secret of the practice of Judo.

Henry S. Okazaki
Founder of Danzan Ryu Jujitsu

The American Judo & Jujitsu Federation

On the mainland, several disciples whom Professor Okazaki hand initiated into the arts of the Kodendan System, banded together in 1949 to attempt to make a reality of Professor Okazaki's dream to have a school teaching his system in every state in the Union. Professor Ray Law (deceased) established the Oakland Judo School in 1939, the first school on record taught by a caucasian on the mainland of the United States. He was followed shortly by Professor Bud Estes (deceased), who established the Chico Judo Academy, Professor Dick Rickerts (deceased), and Professor John Cahill (deceased). On May 21, 1958 the Board of Directors Incorporated the A.J.J.F. as a non-profit organization under the laws of California, dedicating the organization to propagating the techniques and philosophy of Professor Okazaki. Since then, the A.J.J.F. has grown steadily, now represented by many schools in states from California to New York, and from Canada to Florida. Although we are not known throughout the world as the largest federation, we are certainly one the best Jujitsu federations in the world. We should all be proud of the American Judo and Jujitsu Federation and dedicate ourselves to fulfilling the dream of our founder.